

Crossfit Level 1 2023/ 2024 Exam| Questions and Verified Answers |100 % Correct

Q: What types of movements does Crossfit work with?

Answer:

with compound movements and shorter high intensity cardiovascular sessions

Q: CrossFit is a core strength and conditioning program in what two distinct senses

Answer:

the fitness we develop is foundational to all other athletic needs and our work focuses on the major functional axis of the human body, the extension and flexion, of the hips and extension, flexion, and rotation of the torso or trunk. T

Q: Definition of an athlete

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Answer:

a person who is trained or skilled in strength, power, balance and agility, flexibility, and endurance

Q: CrossFit model holds what as strongly overlapping constructs.

Answer:

"fitness", "health", and "athleticism"

Q: What are measures of health

Answer:

fitness, wellness, and pathology (sickness)

Q: improvements in which of the ten recognized general physical skills come about through training.

Answer:

endurance, stamina, strength, and flexibility

Q: Training definition

Answer:

activity that improves performance through a measurable organic change in the body

Q: improvements in which of the ten recognized general physical skills come about through practice?

Answer:

coordination, agility, balance, and accuracy

Q: Practice

Answer:

activity that improves performance through changes in the nervous system

Q: improvements in which of the ten recognized general physical skills come about through practice and training?

Answer:

Power and speed

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Q: What are the three metabolic pathways that provide the energy for all human action

Answer:

phosphagen pathway, the glycolytic pathway, and the oxidative pathway. Crossfit works to balance these

Q: glycolytic pathway

Answer:

moderate-powered activities, those that last 30-120 seconds (mid-distance anaerobic) Duration of recovery: 60-240s, Load:Recovery Ratio 1:2, Repetitions 10-20

Q: phosphagen pathway

Answer:

the highest-powered activities, those that last less than about ten seconds (sprint anaerobic). Duration of recovery: 30-90s, Load:Recovery Ratio 1:3, Repetitions 3-5

Q: oxidative pathway

Answer:

low-powered activities, those that last in excess of several minutes, 120-300 seconds (distance aerobic) Duration of recovery: 120-300s, Load:Recovery Ratio 1:1, Repetitions 25-30.

Q: sickness to wellness to fitness

Answer:

See graph

Q: Cardiovascular/respiratory endurance

Answer:

The ability of body systems to gather, process, and deliver oxygen.

Q: Stamina

Answer:

The ability of body systems to process, deliver, store, and utilize energy.

Q: Strength

Answer:

The ability of a muscular unit, or combination of muscular units, to apply force.

Q: Flexibility

Answer:

the ability to maximize the range of motion at a given joint.

Q: Power

Answer:

The ability of a muscular unit, or combination of muscular units, to apply maximum force in minimum time.

Q: Speed

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